

I. AMENDMENTS TO THE CLAIMS

Claims 1 to 6. (Canceled)

Claim 7. (Currently Amended) A method for increasing fat catabolism ~~and increasing lean body mass~~ in a subject in need of such effect comprising administering to said subject a fat catabolizing effective amount of hydroxycitric acid and garcinol.

Claim 8. (Currently Amended) A method for increasing fat catabolism ~~and increasing lean body mass~~ in a subject in need of such effect comprising administering to said subject a fat catabolizing effective amount of hydroxycitric acid and anthocyanin.

Claim 9. (Currently Amended) A method for increasing fat catabolism ~~and increasing lean body mass~~ in a subject in need of such effect comprising administering to said subject a fat catabolizing effective amount of hydroxycitric acid, garcinol and anthocyanin.

Claims 10 to 11. (Canceled)

Claim 12. (Currently Amended) The method of claim 7, wherein the A-process of manufacturing hydroxycitric acid is extracted from fruits of *Garcinia* sp. comprising ~~extracting said HCA from the fruits~~ with organic solvents.

Claim 13. (Currently Amended) The method of claim 7, wherein the A-process of manufacturing garcinol is extracted from fruits of *Garcinia* sp. ~~comprising extracting said garcinol from the fruits~~ with organic solvents.

Claim 14. (Currently Amended) The method of claim 8, wherein the A-process of manufacturing of anthocyanin is extracted from fruits of *Garcinia* sp. ~~comprising extracting said anthocyanin from the fruits~~ with organic solvents.

Claim 15. (Currently Amended) The method of claim 9, wherein the A-process of manufacturing hydroxycitric acid (HCA), garcinol and anthocyanin are extracted from

fruits of *Garcinia* sp. ~~comprising extracting said HCA, garcinol and anthocyanin from the~~
fruits with organic solvents.

Claim 16. (Currently Amended) The method of claim 7, wherein the A-process-of
~~manufacturing~~ hydroxycitric acid is extracted from fruits of *Garcinia* sp. by CO₂
supercritical extraction.

Claim 17. (Currently Amended) The method of claim 7, wherein the A-process-of
~~manufacturing~~ garcinol is extracted from fruits of *Garcinia* sp. by CO₂ supercritical
extraction.

Claim 18. (Currently Amended) The method of claim 8, wherein the A-process-of
~~manufacturing~~ anthocyanin is extracted from fruits of *Garcinia* sp. by CO₂ supercritical
extraction.

Claim 19. (Currently Amended) The method of claim 9, wherein the A-process-of
~~manufacturing~~ hydroxycitric acid, garcinol and anthocyanin are extracted from fruits of
Garcinia sp. by CO₂ supercritical extraction.

Claims 20 to 28. (Canceled)

Claim 29. (New) The method of claim 8, wherein the hydroxycitric acid is extracted
from fruits of *Garcinia* sp. with organic solvents.

Claim 30. (New) The method of claim 8, wherein the hydroxycitric acid is extracted
from fruits of *Garcinia* sp. by CO₂ supercritical extraction.

Claim 31. (New) The method of claim 7, wherein the fat catabolizing effective amount
of hydroxycitric acid and garcinol also increases lean body mass.

Claim 32. (New) The method of claim 8, wherein the fat catabolizing effective amount
of hydroxycitric acid and anthocyanin also increases lean body mass.

Claim 33. (New) The method of claim 9, wherein the fat catabolizing effective amount of hydroxycitric acid, garcinol and anthocyanin also increases lean body mass.

Claim 34. (New) The method of claim 7, wherein the fat catabolizing effective amount of hydroxycitric acid and garcinol also promotes weight loss.

Claim 35. (New) The method of claim 8, wherein the fat catabolizing effective amount of hydroxycitric acid and anthocyanin also promotes weight loss.

Claim 36. (New) The method of claim 9, wherein the fat catabolizing effective amount of hydroxycitric acid, garcinol and anthocyanin also promotes weight loss.

Claim 37. (New) The method of claim 7, wherein the fat catabolizing effective amount of hydroxycitric acid is 500 mg.

Claim 38. (New) The method of claim 7, wherein the fat catabolizing effective amount of garcinol is 25 mg.

Claim 39. (New) The method of claim 8, wherein the fat catabolizing effective amount of hydroxycitric acid is 500 mg.

Claim 40. (New) The method of claim 8, wherein the fat catabolizing effective amount of anthocyanin is 10 mg.

Claim 41. (New) The method of claim 9, wherein the fat catabolizing effective amounts of hydroxycitric acid, garcinol and anthocyanin are 500 mg, 25 mg, and 10 mg respectively.

Claim 42. (New) The method of claim 7, wherein the percentage of garcinol in the fat catabolizing effective amount of hydroxycitric acid and garcinol ranges from 0.01% to 10% relative to hydroxycitric acid.

Claim 43. (New) The method of claim 9, wherein the percentage of garcinol in the fat catabolizing effective amount of hydroxycitric acid, garcinol and anthocyanin ranges from 0.01% to 10% relative to hydroxycitric acid.